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03/05/24 • BIG FOOD › VIEWS

90% of U.S. Cheese Contains GMO Made by Pfizer

Rennet is used as a clotting agent to curdle the milk into cheese, separating the liquid parts of milk from the solids. Pfizer makes a genetically modified rennet, but because of a labeling loophole, cheese containing Pfizer's rennet does not have to be labeled as containing a genetically modified organism.

By Dr. Joseph Mercola

43

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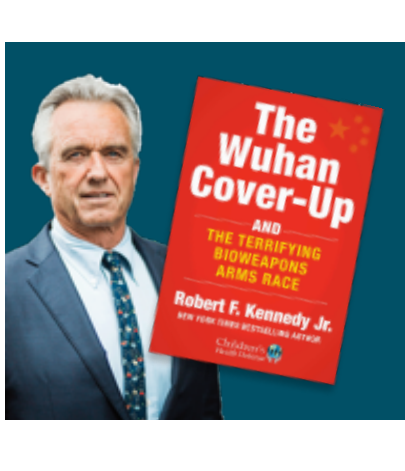
By Ashley Armstrong

Story at a glance:

- Traditionally, cheese was made with just four ingredients: milk, salt, starter culture and animal rennet.
- Rennet is used as a clotting agent to curdle the milk into cheese, separating the liquid parts of milk from the solids. It's an essential part of the cheese-making process.
- Today, there are four types of rennet used in the cheese-making industry: animal rennet, vegetable rennet, microbial rennet and a genetically modified version called FPC (fermentation-produced chymosin), made by Pfizer.
- Bioengineered FPC was granted Generally Regarded as Safe (GRAS) status, which exempted Pfizer from the pre-approved requirements that apply to other new food additives. This is even though studies have detailed concerns about safety.
- An estimated 90% of North American cheese is made with FPC rennet, and ingredient labels do not distinguish between bioengineered rennet and the original animal-based type so consumers have no way of knowing what they're eating.

In this article let's dive into why I believe you should only be eating cheese made with ANIMAL RENNET, and how over 90% of the cheese sold in the U.S. does not use this and instead uses a genetically modified organism (GMO) version made by Pfizer.



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by Robert F. Kennedy Jr.
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Cheese history

Who doesn't love cheese?! And for good reason — it is not only delicious but also incredibly nutritious. And despite what the mainstream tells us, humans have been making and consuming this superfood for over 7,000 years. In fact, cheese serves an important role in human history.

Historians document that milk, dairy and fermented dairy products, like cheese, served as a nutrient-dense calorie source that was storable, allowing some of the first explorers to safely travel and expand communities, creating more demographic shifts and diverse farming communities.

> "Dairy provided food security, as it is a nutrient-rich superfood.
>
> "Consumption of milk and dairy products would have had many advantages for early farming populations. Milk, yogurt, and cheese are good sources of calories, protein, and fat. They provide a reliable food between harvests or during droughts, epidemics, or famines.
>
> "Milk is a relatively pathogen-free source of fluids that could be critical during times of water scarcity. Cheese provides a means of storing these nutrients to be used when milk production is low, and can be easily transported.
>
> "Furthermore, fermentation of milk into yogurt or cheese lowers lactose content and allows lactose intolerant individuals to reap the benefits, while maintain, or in some cases enhancing, other essential nutrients such as fat and calcium."

But cheese was traditionally made with just these four ingredients:

1. Milk.
2. Salt.
3. Starter culture, what's used to make the desired cheese strain (for ex. Muenster versus Swiss).
4. Animal rennet is used as a clotting agent to curdle the milk into cheese, separating the liquid parts of milk from the solids — a very vital part of the cheese-making process!

You add culture to milk and let it ferment. Then, you add rennet, which separates the milk into curds and whey. Then you press the curds and age them. And voila — cheese!

Rennet is a complex set of enzymes that are naturally produced in the stomachs of ruminant animals, like cows.

The main enzyme present is chymosin, which is a protease enzyme, meaning it breaks down protein. Rennet from animals also contains other enzymes like pepsin and lipase.

So these enzymes in rennet target casein, the main protein in milk. They cause the casein molecules to divide and re-coagulate into even larger clumps, forming cheese curds.

So, rennet serves as a vital part of cheesemaking since it helps curdle the milk into cheese, separating the liquid part from the solid part.

Types of rennet

There are four types of rennet used in the cheese-making industry: animal rennet, vegetable rennet, microbial rennet and FPC (a GMO version).

1. Animal rennet — Animal rennet is the most natural and oldest form of rennet, and what was traditionally used in cheese making. There are milk-clotting enzymes naturally occurring in the stomach lining of ruminant animals.

It is well known in the cheese-making industry that animal rennet produces a superior flavor, likely because this rennet is a complex set of enzymes (as nature intended), rather than a single isolated enzyme derived in a lab.

Animal rennet is usually 90% chymosin enzyme and 10% pepsin enzyme. The small amount of pepsin will break down the casein protein in milk in a slightly different way compared to just chymosin alone, producing a final product with an enhanced taste.

Cheese made using animal rennet not only tastes better, but it also produces a safer and more natural final cheese product, which will be discussed in depth below.

2. Vegetable rennet — One alternative to animal rennet is vegetable rennet, which unfortunately varies a lot depending on the source, and the term "vegetable rennet" is misused a lot.

True vegetable rennet is derived from plants that possess coagulation enzymes. These plant extracts have been used as milk coagulants since ancient times. Some examples include cardoon thistle, fig tree bark or nettles.

However, it is well known in the cheese industry that vegetable rennet can negatively impact the final texture and flavor of the cheese."Most plant-derived [enzymes] typically exhibit low MCA/PA [milk clotting activity/proteolytic activity] ratios resulting in poor cheese yield and formation of bitter substances during cheese ripening … Therefore, most of them are not suitable for cheese production."This is why most of the cheese with the label "vegetable rennet" isn't real vegetable rennet. It's either microbial rennet (made from mold) or FPC (the GMO version) since there is no regulation on the terms used for what rennet is used in cheese labeling.

3. Microbial rennet — Another alternative to animal rennet is "microbial rennet," where the coagulating enzymes are produced by a specific type of mold, fungus or yeast organism grown and fermented in a lab setting (often fed soy). Yum. So while the microorganisms aren't genetically modified, their food source likely is.

This is considered vegetarian-friendly as the enzyme produced by the organism is not derived from an animal. There is again a large consensus in the cheesemaking world that cheeses made with this type of microbial rennet can lead to a final cheese product with a bitter taste. This option is commonly used in "certified organic" and "certified vegetarian" cheeses.

> "Microbial [enzymes] are mainly produced by fungi and bacteria in the process of growth and metabolism. Microorganisms have the advantages of a short growth cycle, easy fermentation, and are not limited by space and region of production …
>
> "Therefore, the cost of microbial MCEs [microbial enzymes] is low … However, it is found that most MCEs have high PA and low MCA/PA ratios leading to low cheese yield and bitterness."

4. Genetically modified FPC — To overcome some of the shortcomings of the vegetable and microbial rennets like the potential bitter cheese taste, scientists have leveraged genetic engineering technology to create new, genetically modified species that generate these milk-curdling enzymes.

Introducing the most common alternative to animal rennet in cheese making — FPC. (Chymosin refers to the enzyme that curdles milk, and is naturally present in the stomach lining of ruminant animals).

In fact, 90% of the cheese manufactured in the U.S. uses these enzymes from GMOs.

FPC was created by the one and only Pfizer (biotech company) and is made possible by using CRISPR gene editing technology where the genomes of living organisms are modified. The "safety" of FPC was evaluated by a 90-day trial in rats.

RFK Jr. and Brian Hooker's
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How FPC is made

Here's how it is made: The rennet-producing gene is taken out of the animal cell's DNA string and then inserted into the bacteria, yeast or mold host cell's DNA string in a process known as gene splicing (a type of recombinant DNA technology).

Once inserted, the newly placed gene initiates the production of the chymosin enzyme within the host. The host culture is then cultivated and fermented.

These recombinant DNA technologies are relatively new and became popular in the 1980s when the U.S. Supreme Court by a 5-4 vote ruled that new life forms can be patented.

So then in 1990, in another precedent-setting decision by a U.S. government office, the U.S. Food and Drug Administration (FDA) approved the use of FPC in food. It was the first time a bioengineered product was permitted in food in the U.S. It gets better.

This bioengineered FPC was granted GRAS status. This means that Pfizer was exempt from the pre-approval requirements that apply to other (non-GRAS) new food additives.

Since Pfizer demonstrated what is often referred to as "substantial equivalence," the FDA concluded that bioengineered chymosin was substantially equivalent to calf rennet and needed neither special labeling nor an indication of its source or method of production.

In case you didn't know, this "GRAS" label is a little hand-wavy and just a big loophole. In general, federal law requires the FDA to ensure that food additives are safe and mandates a rigorous pre-market safety review process. But the loophole = GRAS.

The GRAS loophole

Forty-three percent of food additives are designated "GRAS" and don't get FDA oversight. Essentially, we must trust that food companies will conduct unbiased safety determinations before adding these new GRAS substances to our food.

"According to the FDC [Federal Food, Drug, and Cosmetic] Act, food additives that are non-GRAS need approval prior to marketing. In contrast, GRAS substances do not require approval or notification to the USFDA prior to marketing."

Meaning the public and other regulatory agencies lack the data needed to assess the safety of some chemicals in our foods.

In 2014, former Deputy FDA Commissioner for Foods Michael Taylor commented on the FDA's failure to regulate food chemicals, saying:

"We simply do not have the information to vouch for the safety of many of these chemicals."

GRAS may have started with good intentions, but it has turned out to be a giant loophole for food companies to get a free pass to use chemical additives in our food with little to no oversight.

And of course, there is no other developed country in the world that has a system as archaic as GRAS for approving food additives. Okay tangent aside, back to FPC.

FPC cheese is exempt from GMO labeling

Even though the organisms that produce this FPC are genetically modified, dairy products using this technology are exempt from having to label their products as "GMO."

In fact, FPC is just listed as "microbial rennet" or "vegetable rennet" on labels. (The source of the rennet is not required to be listed.) So it is a little deceiving.

The "Non-GMO" national project does not agree with this FPC technology and believes this is a high-risk ingredient. Moreover, FPC is not permitted in U.S. Department of Agriculture (USDA) organic cheeses.

Here is a comment from the American Cheese Society:

> "FPC rennet is a genetically modified organism (GMO). According to the culture companies, 90% of North American cheese is made with FPC rennet. But ingredient labels do not distinguish between this type of microbial rennet and the original non-GMO type.
>
> "And the fact that use of FPC-type microbial rennet is not labeled a GMO leaves those who oppose GMOs in the dark when it comes to choosing cheese."

And once again, FPC is used in 90% of the cheese made in the U.S.!

These alternative rennet methods are up to two times cheaper than using animal rennet since they speed up the aging process to make cheese ready for market faster, which means more profits.

They also allow cheese companies to market to vegetarians (since animal rennet, derived from the stomach of a ruminant animal, would not be allowed). But is FPC safe?

Safety concerns of GM enzymes

Well, again, this technology is new. So there are no long-term studies evaluating the safety of eating a small amount of this genetically modified food additive every single day.

But there are two main concerns: 1) toxicity and 2) digestive issues since these rennet alternatives can serve as an allergen.

Toxicity concerns

Toxicity means that the enzyme solution contains biotoxins from the genetically modified host (mold or fungus) that is being cultured and fermented in the lab.

The producers of these enzymes claim the final FPC enzyme solution is highly purified, but some people react as though they still contain some of the allergens from the host microorganisms themselves.

In fact, traces of the genetically engineered bacteria have been found in enzymes. A few quotes from the literature regarding these toxicity concerns. I don't know about you, but I have no desire to consume biotoxins from genetically modified organisms!

> "Genetically modified food enzymes are currently produced from GMOs. Safety concerns have been raised regarding potential contamination of food with bacterial toxins or mycotoxins, allergens, or uncharacterized extraneous substances as impurities.
>
> "Because these enzymes are purified from microbial sources, toxic substances might be present in enzyme preparations/isolates. The toxic substances are basically bacterial toxins and mycotoxins, which might cause problems/risks related to the health of consumers.
>
> "Safety legislation is also very much attentive regarding the allergenic properties of manufactured enzymes, as it is well known that enzymes are potent inhalative sensitizers.
>
> "Apart from that, numerous uncharacterized extraneous substances/impurities of microbial/biological origin may also be present in the enzyme preparation, which is also a matter of prime concern while evaluating the safety of commercial enzyme products.
>
> "While food enzyme preparations are considered unlikely to cause any acute toxicity, genotoxicity, or repeat-dose oral toxicity, it is the fermentation product(s) of microorganisms from the manufacturing process that is/are of interest due to the potential presence of secondary metabolites that may induce toxicity when ingested (eg. aflatoxins, fumonisins and/or ochratoxins)."

So, some are concerned about continuous ingestion of these biotoxins over time, and the negative health consequences those would have over the course of years.

And unfortunately, there isn't much regulation here. "Currently, the companies themselves are responsible for the quality control of their products."

Gee, that's not helpful!

Allergens and digestive issues

So as a result of a small amount of these toxins potentially showing up in the final cheese product (and slight structural changes in the final proteins), the cheese can now serve as an allergen and can cause an allergic reaction, or digestive and respiratory issues.

- Stomach upset or discomfort.
- Runny nose, increase in mucus production.

Consumers then may think they can't digest cheese — but hey, maybe it is just the cheese that was made! It may not be the dairy itself, but the microorganism residues that elicit an allergic response, or irritate the gut lining.

I do not digest cheese that is made with this FPC (which again can be "vegetable rennet" or "microbial rennet" on labels). I get stomach upset and a disruption of my normal bowel movements.

So something isn't going right there! I can only digest cheese made with animal rennet, so I am very picky with what cheese I consume day to day!

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GMO cheese may compromise your gut health

One of the biggest issues here is the potential disruption of the gut microbiome.

> "Lastly, the case study highlights the issues related to the dissemination of [antimicrobial resistance] genes due to their potential acquisition by the human commensal flora, via direct food consumption and by environmental bacteria through contact with soil and water surfaces or food waste. This is especially the case as a living GMM [genetically modified micro-organism] was found in a FE [enzyme] preparation."

In addition, allergic responses from ingesting the biotoxin residues or modified protein structures.

> "A known safety risk linked to industrial enzyme use is respiratory allergy and for most proteases, there is also some potential for skin and eye irritation … Enzymes present a risk of a respiratory allergy (e.g. Aspergillus-derived enzymes in bakers' asthma) and it is well described in the scientific literature …
>
> "Genetic modification of enzymes may also change their allergenic properties, posing new potential health risks. For instance, type I sensitization was found in a study of 813 exposed industrial workers using genetically modified enzymes."

So, it is documented in the literature, I experience it personally, and have heard from multiple other people — some people have digestive issues digesting the microbial and vegetable rennets.

But do just fine with cheese made traditionally with animal rennet. There are consequences when we try to outsmart nature!

Originally published by Mercola.

Ashley Armstrong, with a Ph.D., M.S. and B.S. in mechanical engineering, and a certified personal trainer, is the co-founder of Angel Acres Egg Co.

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the views of Children's Health Defense.

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Dr. Joseph Mercola
Dr. Joseph Mercola is the founder of Mercola.com.

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Bonnie Gillmore
2 months ago
Not even my beloved cheese is safe!
Big pharma is now reaching its tentacles into the food industry? I've read they bought a cancer interest. I guess they're gonna milk all the profits they can from their turbo cancer shots.
19 0 Reply

Vivienne
2 months ago
Yikes! This is so immoral. Knowing food ingredient sources is a human right - as is honest labeling! The industrial corruption at the FDA is clearly not on the side of humanity. Who will stop this???
17 0 Reply

Jacek R → Vivienne
2 months ago
Certainly not Biden.
12 0 Reply

tony → Vivienne
2 months ago
Big Pharma now funds >50% of the FDA ! Gee Wally, what could go wrong ?
7 0 Reply

Drummer → Vivienne
2 months ago
Certainly not anyone in government...
2 0 Reply

Kathleen Willey → Vivienne
2 months ago
Dairy is immoral
0 3 Reply

holisticpoet
2 months ago
By now we should know that big pharma cares only about making money by making people sick and thus easy to control. Virtually and maybe even actually everything they produce for human consumption causes ill health. I most likely will rarely if ever eat any cheese that is produced with ingredients that are unknown to me.
14 0 Reply

Drummer → holisticpoet
2 months ago
Might as well stop eating anything that contains cheese of U.S. or unknown source. That's what I intend to do from now on. We shouldn't be eating any processed foods, anyway.
0 0 Reply

libertas1212 → Drummer
2 months ago
I only eat European cheese now, preferably Italian
1 0 Reply

BChristine → Drummer
2 months ago
Raw, organic cheese is processed to an extent ... but it certainly does not fall under the "processed and ultra-processed" foods we know of which are truly unhealthy.
1 0 Reply

Drummer → BChristine
a month ago
What about an organic block cheese from New Zealand" I think it's a cheddar.
0 0 Reply

Brent Green
2 months ago
Ok so the next question is what companies represent the 10% non-cheese products and better yet what brands use animal rennet in processing?!
20 1 Reply

Melissa Meow O'Donnell
2 months ago
Yuck! I'm so disgusted that creepy ingredients hide in our food! I shouldn't be surprised because I know how corrupt these companies. When will the madness stop!!! Ugh
6 0 Reply

Drummer → Melissa Meow O'Donnell
2 months ago
It's not going to stop for you, until you are dead. The depopulation globalists have been putting this genocide plan together for decades. Since they ultimately own practically every corporation on earth, they simply need to make products of these corporations unhealthy for living things.
2 0 Reply

Nanette
2 months ago
Which brands of cheese are safe?
5 0 Reply

BChristine → Nanette
2 months ago
Of course it's best to buy organic, grass-fed raw cheese -- if not from a local farm you trust, then you can try Organic Valley or Rumiano ... available in some conventional stores. As for others, just make sure to read the label and follow guidelines in this article by Dr. Mercola.

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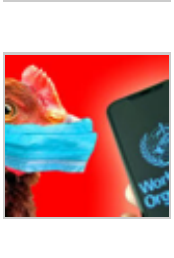

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Mary Matthews
2 months ago

How do we know????

5 0 Reply

Kim from Brooklyn
2 months ago

Pretty much comes back to basics.

If your food is packaged and has more then a few ingredients one can recognize, keep walking.

Spend more time looking for natural, not packaged, processed, etc and that will send a big message where it hurts the most. Their pockets.

As long as we keep purchasing products set to kill us and make them rich, we deserve to live a miserable life. Nothing in life is meant to come to us easily. This would be the first lesson I thing they should teach children in school.

4 0 Reply

April45
2 months ago edited

I found out that Tillamook Cheese now uses factory farming. I have bought this cheese for years since I used to visit the factory on the beautiful Oregon coast as a child. I read the label to see what kind of rennet they used and it said "vegetable rennet", so now I am worried. I cannot believe the cheese industry is not required to put genetically engineered ingredients on its labeling. Thank you Dr. Mercola and Defender for outing them.

4 0 Reply

Kim from Brooklyn → April45
2 months ago

Believe it. A very smart person once said "when someone tells you who they are, believe them".

2 0 Reply

Beatrice → Kim from Brooklyn
2 months ago

Yes, who was that smart person? I refer to this quote many times a day in business dealings. In fact Kim, I just had an encounter with a shyster this morning and I have been kicking myself for not trusting my very accurate instincts earlier in the relationship despite the red flags from the very beginning. He did indeed " tell me who he was".

Glad to be done with him and all is good now :D

0 0 Reply

Kathleen Blanchard → Beatrice
2 months ago

Beatrice & Kim- I heard it from Maya Angelou, and it has stuck with me ever since.

1 0 Reply

Beatrice → Kathleen Blanchard
2 months ago

Ah! That is definitely something Maya would have said.

0 0 Reply

Polly Green
2 months ago

This is really upsetting.

4 0 Reply

Gary Brown
2 months ago

Great article Dr. Joseph Mercola.

October 27, 2023 Genetically Modified Ingredients in Most US Cheeses

In this article let's dive into why I believe you should only be eating cheese made with ANIMAL RENNET, and how over 90% of the cheese sold in the US does not use this and instead uses a genetically modified version made by Pfizer.

https://nourishcooperative....

see more

3 0 Reply

Kathleen Willey
2 months ago

Would it be preferable if they mentioned what rennert is? It is from the lining of the stomach of a dead baby calf - mostly useless male baby calves born into the dairy industry. The only reason dairy exists is because a female cow has been forcibly impregnated and after carrying her precious baby for 9 months her baby is stolen so humans drink their milk or make ice cream , cheese, yogurt etc.
If the baby is male they are killed shortly afterwards so this is where the rennert comes from. If the baby is female she is imprisoned in a lonely crate and fed formula until she is old enough to be forcibly impregnated. This cycle repeats itself over and over again until she is so exhausted she is killed at about age 5 or 6 to become cheap hamburger meat. Anyone care? Where is the compassion CHD? Do people really want honesty in food labeling?🤔

6 4 Reply

Lainy Wen → Kathleen Willey
11 days ago

I completely agree if labeling is to be honest then be brutally honest where animal rennet comes from. Baby calf fourth stomach.

0 0 Reply

Drummer → Kathleen Willey
2 months ago

Or the male (and female) calves are raised in an iron deficient environment until they are ready to be processed for the anemic, kosher white veal prized by the Jewish (especially New York) population. A veterinarian relative and his RN wife raise calves in this manner. It's like raising animals in a confined hospital ward.

0 0 Reply

CarmenB
2 months ago

Needs to post the cheese manufacturers/brands using this genetically modified rennet.

1 0 Reply

BEBrownie
2 months ago

This is interesting. I've been diagnosed with Chrones, Lupus, Rheumatoid Arthritis & Diverticulitis. Otherwise 'normal' 60-year-old male, no remarkable co-morbidities, normal BMI. I've gone GMO free, non-antibiotic fed meats, non- farm fish...long story short, I don't have all the aforementioned diseases. Here is a WOW point. I went to Spain, Germany & S. Africa last year, 3 weeks. I ate everything the 'natives' ate and had NO GI problems, nor inflammatory 'issues'. The food was 'clean' compared to what we have in USA. Most of the 'toxins' and GMO products in USA are banned in other countries. I love my country, but we have (literally), a completely inflammatory food chain.
Now I have to dodge cheese, too? Oh boy...

1 0 Reply

Querc → BEBrownie
a month ago

Just find cheese produced overseas. Most grocery stores have cheese like manchego, produced in Spain, or goat cheeses produced in Holland.

It is a shame what has happened in the U.S. and we need more and more people to buy local, organically-produced food and start growing more of our own.

0 0 Reply

Amy RP
2 months ago

Apparently we've been eating these GMO cheeses since 1996... This is what Wikipedia had to say about it:

"Fermentation-produced chymosin:
Because of the above imperfections of microbial and animal rennets, many producers sought other replacements of rennet. With genetic engineering it became possible to isolate rennet genes from animals and introduce them into certain bacteria, fungi, or yeasts to make them produce recombinant chymosin during fermentation. The genetically modified microorganism is killed after fermentation and chymosin isolated from the fermentation broth, so that the fermentation-produced chymosin (FPC) used by cheese producers does not contain a GMO or any GMO DNA. FPC is identical to chymosin made by an animal, but is produced in a more efficient way. FPC products have been on the market since 1990 and, because the quantity needed per unit of milk can be standardized, are commercially viable alternatives to crude animal or plant rennets, as well as generally preferred to them in industrial production.[16]"

So it would seem the GMO doesn't make it to the final product? Any thoughts?

1 0 Reply

Querc → Amy RP
a month ago

The article mentions that the biotoxins from the GMO likely do become part of the end product: "traces of the genetically engineered bacteria have been found in enzymes."

0 0 Reply

lanainutahdesert
2 months ago

It's becoming more and more clear. The only way we'll avoid these horrifying food traps is by eating a whole-foods, plant-based diet consisting of organic plants and vegetables. It's a shame that each community doesn't have organic farms near to supply our basic food needs. That would be ideal.

1 0 Reply

Beatrice
2 months ago

Loophole Def:
A way of avoiding or escaping a cost or legal burden that would
otherwise apply by means of an omission or ambiguity in the wording of a
contract or law.

Why do loopholes exist at all? They exist for the corrupt elite. Otherwise, the person responsible for the legalese of the ambiguous law or contract was being deliberately deceptive or not qualified and should be held accountable via jurisprudence and the loophole removed or corrected immediately.

1 0 Reply

jann
2 months ago

Thank you Dr. Mercola. I'll wait until I get to the farmer's market to buy cheese.

1 0 Reply

Kim Clark
2 months ago

It's a good day to be vegan.

2 3 Reply

mcwinaz
2 months ago

I stopped reading after the misinformation statement - Cheese is incredibly nutritious!

1 1 Reply

Kim from Brooklyn → mcwinaz
2 months ago

A conscious consumer is a smart consumer.

1 0 Reply

Voyt Regnal
2 months ago

Clearly DEBUNKED. I stopped trusting Mercola.

0 0 Reply

BethC → Voyt Regnal
2 months ago

Thanks for sharing this, Voyt. I look forward to further clarification as information about this continues to come out. In the mean time, I note that this article wasn't written by Dr Mercola but by Ashley Armstrong. I will keep reading and being enlightened by Dr Mercola whose work has been at the forefront of truth-telling about health, well-being and the medical-industrial complex for decades.

0 0 Reply

BethC
2 months ago

As for finding local, trustworthy sources for cheese and other foods, check out your nearest chapter of the Weston A Price Foundation, which has chapters all over the country (and world). They connect consumers with sources of properly produced, nutrient-dense foods. Azure Standard may also be a good resource.
In any case, it seems we all need to spread awareness about this new, hidden food hazard. I'll be contacting the manufacturers of cheeses I get at Costco or health food stores to ask if they use non-GMO animal rennet, including brands like Kerrygold, Coastal and other European companies since I don't think we can assume their exports are safe just because they're from Europe. Let's all do this since the only way they'll change is if they hear from customers. And then we can report back here if we find trustworthy sources.

0 0 Reply

kaoshispano
2 months ago

NOT for anyone want eat healthy... and the calcium derivates make you die sooner, THIS IS now their businees in the colapsed NWO.

0 0 Reply

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